**PHYS ED 10 Fitness II**

**Guidelines**

**Course Description:**

*This marking period course examines individual fitness activities. Students will have the opportunity to evaluate their individual fitness levels through fitness testing using FitnessGram. Students will be exposed to an advanced weight and resistance training unit which emphasizes a detailed student-centered workout plan. Students will have the opportunity to put theory into practice and participate in their workout plans in a simulated fitness center. Students will learn about nutrition weight management, eating disorders, body image, and body enhancements. A unit on flexibility and body composition is taught. Students participate in yoga, aerobics, plyometrics and other related activities. Cardiovascular endurance and all the skill-related fitness components are experienced through the game of Ultimate Frisbee.*

*Students are informed of the Student Assistance Program (SAP) and procedures.*

**Class Preparation:**

Students are expected to change from attire worn to school for the regular academic day into PE attire. PE attire is defined as any regular t-shirt, shorts, and/or athletic pants/warm-ups without zippers, snaps, belts, buttons, rivets - in accordance with the school’s required dress code. Athletic sneakers/shoes will be worn. Athletic uniforms cannot be worn for PE class.

PE attire is required for safety of both students and equipment, and for hygiene purposes.

1. **Class Participation:**

Students are expected to participate in all lesson activities to the best of their ability for 100% of the class period to earn the highest grade. Students may be outside for physical education classes provided the ambient temperature is 45 degrees or higher. This guideline does not include student movement between buildings. Students should dress appropriately for outside weather.

1. **Grading Procedures:**

Students are graded on class *Participation (40%,)* *Knowledge: Mastery of Content (40%,)* and *Performance/Application (20%.)*

A student receives 5 points for every class in which he/she participates. In the event a student has an excused or unexcused absence or does not participate in a class due to illness, injury, or unsafe attire, the student does not receive the participation grade. He/she may earn lost participation grade(s) by attending another PE class or by completing a content-related handout (if applicable) to make up missed participation work.

The student must approach the teacher to make up absences at another PE class (getting excused by way of pass from study hall) or through a take-home assignment.

Knowledge: Mastery of Content and Performance/Application are graded using a series of assessments that include some or all of the following formats:

Handouts, Q & A sessions, written quizzes and tests, data collection with research comparison, presentations, research papers, peer and teacher checklists with criteria, and individual fitness plans

Students are expected to complete in-class assignments and homework during or before the assigned time/due date. Students should complete assignments to the best of their ability.

Missed in-class assignments and homework must be made up by all students. Students are responsible for getting all missed assignments and homework upon their return to school. Students who have absences are responsible and obligated to make up the missed assignments and homework as soon as possible upon their return to school. The student and teacher will determine arrangements and due dates for missed work.

Students in need of remedial help may contact the teacher or will be identified by the teacher. Remedial help and assignments may be used to improve a student’s knowledge and/or skill ability, or to increase a student’s course grade. If at all possible, peer-to-peer help will be utilized.

A student or parent can access a student’s personal grade by logging onto the school district’s Sapphire electronic grade book system.

1. **Safety and Behavorial Expectations:**

* Students must follow all building behavioral expectations and guidelines.
* Be in locker room by last bell (locker room doors will be locked after bell)
* Respect yourself, your peers and your teacher.
* Do what is asked of you to the best of your ability in the following ways: participation, knowledge, skill.
* No hats, hoodies (unless conditions exist, which will be determined by the teacher.)
* Meet in gymnasium for attendance within 7 minutes after bell.
* No profanity at any time.
* If you choose not to dress for PE class – you must observe class and complete in-class assignment (when applicable.)
* Do not bring anything with you to class, unless instructed by teacher. Leave all items secured in the locker room.
* Do bring any personal medical accessories (i.e. inhalers, water – as approved by school nurse’s office.)
* Be sure to lock all valuables in male/female instructor’s office (or designated area) in locker room. Valuables will be stolen if left unattended.
* Do not leave locker room until bell rings.

*Please note: There is an inherent risk of physical injury while participating in any physical activity. In order to avoid injuries, students must always perform in the safest manner while in PE class and must follow all building behavioral and safety expectations and guidelines.*

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_